

Title of Material: _____

Publisher: _____

Reviewer: _____

Percentage of Standards: _____

Grades 9 through 12--possible 18 (content knowledge & skills)

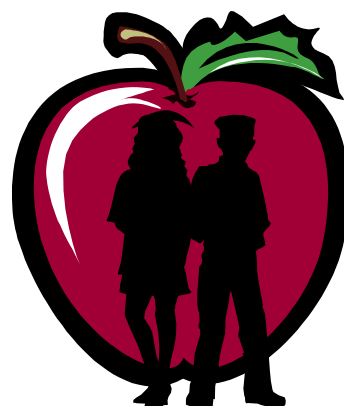
(Number of Yes checks divided by 18 = percentage)

Idaho Achievement Standards

Health

for

Grades Nine through Twelve



840 HEALTH STANDARDS – GRADES 9 THROUGH 12, SECTIONS 841 THROUGH 845.**841 HEALTHY LIFESTYLES.**

Standard – The student will:	Content Knowledge and Skills:	YES	NO
01. Acquire the essential skills to lead a healthy life.	a. Assess the benefits of proper nutrition and regular physical activity on the health of humans throughout the life cycle.	Indicate Page No	
	b. Assess how personal health issues change during life (puberty, aging, disability, serious illness/injury).	Indicate Page No	
	c. Evaluate the psychological, social, emotional, and physical implications of human sexuality in developing and maintaining a responsible and healthy lifestyle.	Indicate Page No.	
	d. Demonstrate knowledge and concepts of basic injury prevention, emergency care, and crisis management procedures.	Indicate Page No.	
	e. Identify and evaluate the prevention, causes, symptoms, treatment, and consequences of diseases and disorders.	Indicate Page No.	
	f. Assess environmental and other external factors that affect individual and community health (public health policies, governmental regulations, research).	Indicate Page No.	

842 RISK-TAKING BEHAVIOR

Standard – The student will:	Content Knowledge and Skills:	YES	NO
01. Demonstrate the ability to practice health-enhancing behaviors and reduce health risks.	a. Assess the consequences of sexual activity (unplanned pregnancy, STDs, emotional distress).	Indicate Page No	
	b. Assess the short and long-term consequences of tobacco, alcohol, and other drugs (use, misuse, abuse, dependency).	Indicate Page No	
	c. Evaluate the impact of risky behaviors on personal and community health.	Indicate Page No	

843 COMMUNICATION SKILLS FOR HEALTHY RELATIONSHIPS.

Standards - The student will:	Content Knowledge and Skills:	YES	NO
01. Demonstrate the ability to use communication skills to enhance health.	a. Analyze the causes and effects of conflict in schools, families, workplaces, and communities.	Indicate Page No	
	b. Demonstrate and evaluate communication skills that enhance intra-personal health (coping skills, self-efficacy, affirmations, refusal skills, conflict resolution).	Indicate Page No.	
	c. Relate how effective interpersonal communication skills can be used to build, maintain, and enhance interactions between family, peers, workplace, and society.	Indicate Page No.	

844. CONSUMER HEALTH.

Standard – The student will:	Content Knowledge and Skills:	YES	NO
01. Organize, analyze, and apply health information practices and services appropriate for individual needs.	a. Evaluate the validity of health information, products and services (advertising claims, quackery, fraudulence, health-related research).	Indicate Page No	
	b. Evaluate resources from home, school, library, and the community that provides valid health care information.	Indicate Page No	
	c. Evaluate factors and situations that influence personal selection of health care products and services (when to seek treatment, when or what product to use).	Indicate Page No.	
	d. Analyze the cost and accessibility of health care services.	Indicate Page No.	

845. MENTAL AND EMOTIONAL WELLNESS.

Standard – The student will:	Content Knowledge and Skills:	YES	NO
01. Understand and demonstrate the key components to positive mental and emotional health.	a. Assess strategies for coping with and overcoming feelings of stress (rejection, social isolation, other forms of stress, burnout).	Indicate Page No	
	b. Identify methods for addressing mental and emotional concerns (depression, grief, eating disorders, suicide).	Indicate Page No.	